

Guided by a cloud 31 (Exodus 13:21-22)

This week is communion and gives us an opportunity to pause and rest at the feet of Jesus. In the service last week Claire W mentioned Martha and Mary as two characters which she relates to and I'm sure all of us can as well. Both Luke 10 and John 11 recount episodes of Jesus visiting the two sisters. In Luke, Martha was rushing around wanting to be the perfect host whilst Mary chose to sit at Jesus' feet and listen to his teaching. Whilst Jesus doesn't totally rebuke Martha he says Mary has chosen better. However, in John after Lazarus's death, Martha goes out to meet Jesus whilst Mary stayed at home. Martha then shows the tremendous faith she has in Jesus saying in 11:27 "Yes Lord, I believe you are the Messiah, the Son of God, who is come into the world."

We may have had a Martha week but we can have a Mary morning and take time to sit and focus on Jesus.

“TRULY I TELL YOU,
WHATEVER
YOU DID FOR
ONE OF THE LEAST OF
THESE BROTHERS
AND SISTERS OF MINE,
YOU DID FOR ME.”
MATTHEW 25:40

Worship time

[Water you turned into wine](#)

[Bless the Lord O my soul](#)

[Your grace is enough](#)

[Light of the world](#)

Read Ephesians 1:1-14

In this passage Paul points out a few truths for us to focus on. Before time began we were chosen, we were the focus of God's love. Whatever we've done, Jesus has set us free because of his

sacrifice. When we come to Jesus we find out who we really are and what we are living for. We are signed and sealed by the Holy Spirit; we have God's seal on us. When we accept Jesus we also accept the Holy Spirit.

Mary and Martha both loved Jesus and were also loved by Him. They were close to Him yet had different approaches. Martha wanted to serve but had become focused on the task rather than the reason for the task; we need to be wary of this. However, Jesus understands the need for service. It was why He came and He values service and hospitality. Remember he said "Whatever you do for the least of these you do for me". Martha was a servant at heart. Jesus said this was the way to be great. We can learn from Martha the importance of serving with a loving heart and not become distracted by the service itself.

Mary demonstrated her love in her submission to Jesus, her communion with Him, and worship of Him. We can love Jesus in a way that means the distractions of this world, the voices of those around us, and even the disapproval of some will not diminish our communion with Him.

Mark 14:22-24 While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take it; this is my body." Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it. "This is my blood of the covenant, which is poured out for many," he said to them.

As we take communion, Jesus invites each one of us to participate and be part of the people of God. Not because we have earned a place but because we need mercy and help. We come because we love God, and want to love Him more. We come because Jesus first loved us, and gave himself for us. We come because we want to be filled with the Holy Spirit. We come because we want to experience the mystery of God's grace.